


## Activities for the Arts/ Actividades de Arte

# May 2024

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	May 2024				
						MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative Coloring	9:00-10:00	9:00-10:00	9:00-10:00am	9:00-10:00	9:00-10:00			1. 11am-12pm Chair Boxing w/ Jackson	2. 10am -11am Nutrition Presentation 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	3. 2:30pm-3:30pm Art of Film
Crocheting		1:00-2:00	1:00-2:00					P A N T R Y	9. Mother's Day Celebration All Day 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	10. 2:30pm-3:30pm Art of Film
Su-Casa Artist	10:30-12:00									
Arts & Crafts		10:00-11:00			11:00-12:00					
Art of Film		2:30-3:30			2:30-3:30			6. 10:30am-12:00pm Su-Casa Artist	7. 2:30pm-3:30pm Art of Film	8. 11am-12pm Chair Boxing w/ Jackson
Educational & Recreational Activities / Actividades Educativas y de Recreacion										
Recreational Games	1:00-2:00			1:00-2:00						
Recreational Music	2:30-2:30	1:30-2:30	2:30-3:30	2:30-3:30						
Tech Support		11:00-12:00	1:30-2:30	1:30-2:30	1:30-2:30			13. 10:30am-12:00pm Su-Casa Artist	14. 2:30pm-3:30pm Art of Film	15. 11am-12pm Chair Boxing w/ Jackson PANTRY
The Breakfast Chat Club			10:00-11:00	10:00-11:00	10:00-11:00					16. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support
Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas										
Walking with Ease 2 <sup>nd</sup> Round	11:00am Check In		11:00am Check In		11:00am Check In			20. Program will be CLOSED for SHOPP Staff Retreat	21. 11am-12pm VNS Chair Exercise 2:30pm-3:30pm Art of Film	22. 11am-12pm Chair Boxing w/ Jackson
Chair Boxing w/ Jackson			11:00-12:00							23. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support
Chair Exercise	11:00-12:00			11:00-12:00				27. 	28. 2:30pm-3:30pm Art of Film	29. 11am-12pm Chair Boxing w/ Jackson PANTRY
SAIL Exercise	11:00-12:00	11:00-12:00			11:00-12:00					30. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support
										31. 2:30pm-3:30pm Art of Film

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL</b></p> <p><b>FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS \$2 FOR SENIORS (60+) (FOOD MENU ITEMS MAY BE SUBJECT TO CHANGE)</b></p>		<p>1. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice</p>	<p>2. Italian Sausage WW Spaghetti Broccoli w/Toasted Garlic Mix Green Salad Tangerines (2)</p>	<p>3. Deluxe Cheeseburger w/Sauteed Green Peppers &amp; Onions WW Hamburger Bun Roasted Sweet Potato Fries, Orange, Banana Oatmeal Cookie</p>
<p>6. Jamaican Vegetarian Brown Stew Baked Brown Rice Braised Collard Greens, Apple, Apple Juice</p>	<p>7. Pork Spareribs, Roasted Vegetable Couscous, A Nice Vegetable Soup, Kiwi's (2), Apple Juice</p>	<p>8. Beef &amp; Turkey Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapple Grape Juice</p>	<p>9. Baked Asian Style Honey Chicken Vegetable Lo Mein Avocado Egg Salad Baby Carrots &amp; Parsley Banana Fruited Jello</p>	<p>10. Baked Fish Apple &amp; Beet Salad Mashed Potatoes Orange Orange Pineapple Juice</p>
<p>13. Arroz Con Pollo Chicken Breast w/Rice Habichuelas Guisadas Stewed Beans Orange</p>	<p>14. Baked Pork Chops Arugula Salad w/Balsamic Vinaigrette Mangu w/Onions Dominican Mashed Plantains Tangerine</p>	<p>15. Baked Turkey Wings Broccoli w/Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p>	<p>16. A Nice Vegetable Soup Baked Ziti w/Beef Meatballs Spinach, Apple &amp; Red Onion Salad Tangerines (2) Orange Pineapple Juice</p>	<p>17. Sweet &amp; Spicy Vegan Chorizo Brown Rice &amp; Kidney Beans General Tsos Cauliflower Pear</p>
<p>20. PROGRAM CLOSED FOR STAFF DEVELOPMENT</p>	<p>21. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado &amp; Orange Salad Orange Orange Pineapple Juice</p>	<p>22. A Nice Vegetable Soup BBQ Beef Ribs Rice w/Corn Beet Salad Nectarine Apple Juice</p>	<p>23. Baked Chicken Thighs Baked Macaroni Cheese Caribbean Style Roasted Cabbage w/carrots Banana Grape Juice</p>	<p>24. Chicken Noodle Soup Baked Salmon w/Cilantro Citrus Sauce Roasted Potatoes &amp; Vegetables Apple Apple Juice</p>
<p>27. PROGRAM CLOSED FOR MEMORIAL DAY HOLIDAY</p>	<p>28. Chicken Rice Soup BBQ Pulled Pork Dominican Moro Or Yuca w/Onions Broccoli &amp; Red Peppers Mandarin Oranges Rice Pudding</p>	<p>29. Baked Turkey Drumsticks Asian Cucumber Salad Garlic &amp; Rosemary Potatoes Pineapple Orange Pineapple Juice</p>	<p>30. Curried Chicken Legs Brown Rice w/Mushrooms Caribbean Style Roasted Cabbage w/Carrots Mixed Berries Apple Juice</p>	<p>31. Baked Lean Lamb Chops Baked Sweet Potatoes or Halved Avocado Sliced Peaches Grape Juice</p>



**NEIGHBORHOOD** Self Help by Older Persons Project  
Helping Older Adults Help Themselves

**Neighborhood S.H.O.P.P Guess OAC**  
**2070 Clinton Avenue, Bronx, NY 10457**  
**Tel: 718 584-2357 Fax: 718 933-3716**  
**Mon-Fri: 8:30 A.M. – 4:30 P.M**



**CEO / President: Katherine Martinez**  
**Chief Program Officer: Diana Delgado**  
**Program Director: Ruby Rosario**  
**Service Coordinator: Stefanie Vazquez**  
**Program Aide: Maria Santiago**  
**Cook: Colin Campbell**  
**Assistant Cook: Carmen Burgos**  
**Custodian: Felix Pellot**